

Article written 4/4/08

Any time a defender is aligned in an attempt to play INSIDE ARM FREE in the C gap we refer to him as a "7 technique" defender. His alignment can vary from inside shade of the tight end to a more tightly aligned C gapper . A true "7" is going to seek to ATTACK THE TIGHT END rather than penetrate the C gap. Why attack the TE? To prevent a short flank on down blocks. In some cases the alignment is an attempt to dictate to the offense "you are going to have to have your tight-end block me one on one today" however THAT SIMPLY ISN'T THE CASE WITH THE CALANDE DOUBLE WING SYSTEM. The alignment can also be an attempt to prevent the tight-end from escaping on an inside release on trap plays. This is especially effective against teams that have their offensive lines crowding the line of scrimmage. We of course have our offensive line as far back in this system.

Now, typically a 7 tech player will strike the Tight-end with either a flipper/forearm while stepping into the tight end and defending the C gap. This striking blow is meant to neutralize a down block while allowing the defender to squeeze down on the C gap from outside in. The blow is also meant to disrupt a pass release or a trap release as I mentioned earlier.

Part 2

While the 7 tech defender seeks to attack the tight-end and neutralize the down block he may also squeeze down sharply into the shoulder/neck of the offensive tackle in a pinch call. He may also loop around the outside in an exchange with the olber/de to his outside.

What we seek to do throughout a game is to place the 7 tech defender in assignment conflict and work him over with a variety of blocking angles and combinations. We must be able to double team him, cut block him, down block him and drive him to the outside with a fan block.

Lets examine a few ways to attack and REALLY FRUSTRATE HIM with the double wing system. Using the GOOD GOD system allows us to call " Ray 36 Power" and put the wing on the line of scrimmage. The tight-end (6 man) is the man we are running at so "he must be G.O.O.D" and will apply his good rule. He is our DESIGNATED POST BLOCKER and will post block the 7 tech with his hat aiming inside while the wingback who gets ON THE LINE OF SCRIMMAGE and in a 3 point stance will bracket the defender taking his outside half and running wildly thru it. The posting te and the king pin block by the wing back function to drive the 7 tech off the ball and into the linebackers. This forces the linebackers to have to RUN A HUMP as they scrape to the ball on our power play.

Now, after a few "36s" the 7 tech defender will more than likely be heavy on his hands in his determined effort to penetrate the double team and hold his ground. Make no mistake that his coaches and his teammates behind him will be quite frustrated if he remains ON SKATES being blown off the ball. (and of course youd still be running your power right over him time and time again)...Now, once you have him playing fiercely tough vs the double team you have a few options.

1) call a wider trap - in my system we can trap at 0/1 which would be inside of a 2 tech (player head up on the guards) or we can trap at the next hole out trapping the first man past the B gap such as this 7 tech defender in a 4 or 6 man line for example. So, we call "Ray 42 Trap" and the te and wing again make it appear as if the double team is coming yet again (complete with the wing being on the line of scrimmage of course to add to the conflict) yet they release the 7 and allow him to fall flat on his face. Our pulling guard is coached to read that sucker on the run. IF that 7 tech were to squeeze down in recognizing "No pressure, TRAP!!!" then the guard, aiming up-field will trap him. If the 7 tech were to penetrate and fall down or get too far upfield the pulling guard will simply trap at the second level. IN my system we also pull the backside tackle on traps to further hide the fullback and make the play look so much more like the power yet again. (And of course, IM all about more people at the point of attack so we might as well get that tackle there too!)

2) We can "power" the 7 tech or C gapper by calling 34 or 32 power (32 power eliminates all confusion and doubt if that player was a bit sloppy or inconsistent in his alignment because when we power at 2 we are kicking out the first man past the B gap!) - So, now the 7 tech doesnt know who he is going to get SNOT BUBBLED by...will it be the guard or the fullback? The fullback gets there in a HURRY! And the posse pulls thru the hole very quickly. Interesting for me and how it applies to my system is that I can call "Ray 34 Power" and the C gapper is double teamed BY THE TACKLE AND TIGHT-END and not the tight-end and wingback! Now the defender is really confused, he cant be certain where the double team is coming from.

3) we can "SMASH" the 7 tech ...Smash is exactly like our power play with the exception that on the playside we are going to use the play-side guard to do the kick-out. He has a fantastic angle for that short trap. So, In any case, the 7 tech now has to worry about three pretty immediate blocking threats on top of the potential double team from the tight end and wing back.

4) Now, we can also slow him down with a few cut blocks. IN my system our back side tight end does more cut blocking than some other double wing systems call for because we cut backside of ALL powers, counters and traps and smash plays. If we are running any of those plays away from a hard charging de he will be hacked down like the tallest tree! Now, even if he wants to "Read" or uses motion as some kind of key "watch the cut" he is still going to be VERY ANXIOUS and ANNOYED with us for taking out his inside thigh constantly on these plays. What this does obviously is get him playing lighter on his hands and again allowing our double teams to put him back on those skates!

IN addition to that conflict, there are some false reads that can futher complicate the 7 techs play. Many times he will think "Cut block - Play away!" but he will be INCORRECT! Hows that? Well, if we are running our shock and awe super sweep then the play side tigh-tend will cut down the C gapper and the ball will hit play-side. If the te was the read he will be out of position.

5) Of course we can log the 7 tech as well. If we run our BOOT PASS (aka waggle) and the 7 tech were reading the down block of our

offensive tackle and squeezing down to defend trap of course he will find himself easily logged and hooked by the playside guard.

So, how would you like to play the 7 tech position vs a well coached, well designed double wing attack?

you will be :

DOUBLE TEAMED FROM THE WING AND TE
DOUBLE TEAMED FROM THE TACKLE AND TE
CUT DOWN REPEATEDLY BY THE BACK-SIDE TE
CUT DOWN REPEATEDLY BY THE PLAY-SIDE TE
KICKED OUT BY THE BACK-SIDE GUARD
KICKED OUT BY THE PLAY-SIDE GUARD
KICKED OUT BY THE FULLBACK
LOGGED BY THE PLAY-SIDE GUARD
DOWN BLOCKED BY THE TE.

How many high school or youth players do you know that have been well trained in coping with all of this while still recognizing the blocking scheme, shedding the block, finding the ball, giving hard pursuit, breaking down into a good football position to make a play while multiple lead blockers shield the ball carrier.

The answer of course is VERY FEW.

I am available to answer questions about this topic at any time.

Coach Calande

www.coachcalande.com